

THERE ARE NO FILL AREAS IN THIS FORM

MSFC Medical Center

INSTRUCTION FOR MULTISTAGE TREADMILL TEST

Building 4249

544-2390

Prior to being scheduled for exercise testing, you will have had a physical examination and resting electrocardiogram to insure there are no medical contraindications for performing this test. The purposes of the multistage treadmill test are:

1. To establish if you have overt or latent heart disease.
2. To evaluate your cardiovascular functional capacity in order to clear you for strenuous work or exercise programs.
3. To evaluate your response to a cardiac conditioning program.
4. To increase your motivation for entering and adhering to an exercise program.

Your test will be conducted by a physician who will monitor your pulse rate, blood pressure, electrocardiogram, and physical condition before, during and after the exercise test. The exercise test consists of your walking on a treadmill, beginning with a two (2) minute warm-up period with the treadmill level and moving at 1.7 MPH. The first stage of the test consists of elevating the treadmill so that you are walking up a 10% grade at 1.7 MPH for three (3) minutes. You will continue walking on the treadmill through stages requiring increased exertion until your pulse rate is 85% of the predicted maximum heart rate for an individual of your age unless the attending physician feels the test should be stopped sooner. The table below describes these stages and roughly indicates your state of cardiac conditioning if you complete the stage before your pulse rate reaches 85% of your predicted maximum heart rate.

STAGE	SPEED	INCLINATION	CONDITION
I	1.7 MPH	10%	POOR
II	2.5 MPH	12%	FAIR
III	3.4 MPH	14%	GOOD
IV	4.2 MPH	16%	EXCELLENT
V	5.0 MPH	18%	SUPERIOR

The test is followed by a two (2) minute cool down period during which the treadmill is returned to the level position and moves at 1.7 MPH. You will be monitored for an additional five (5) minutes while seated.

You should be prepared to spend approximately one (1) hour at the Medical Center for the test. Do not eat or smoke for at least two (2) hours before the test. The preceding meal should be light, without butter or cream, coffee, tea, or alcohol. Wear appropriate clothing for walking on the treadmill. Sneakers or comfortable walking shoes are needed. Men should wear mid-thigh, walking shorts or loose-fitting, light trousers. Women should wear a bra (no sports bras), short-sleeved, loose-fitting blouse that buttons in the front and slacks or walking shorts. No one-piece under garments or pantyhose should be worn.